



Lucky Day

PURPOSE //

- Promote help-seeking
- Provide students with information about where to find a trusted adult or mental health professional

INSTRUCTIONS //

Materials

- Lucky Day handout (see next page)

Application

- Sometimes students feel down or worry about a friend. Fill in and hang up this "Lucky" poster around the school and on social media, so everyone knows where to get help.

Assembly

1. Print out Lucky Day handouts
2. Fill in the information regarding school name and mental health professionals

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



Contact Nathalia@erikaslighthouse.org for more information

Feeling down?

Worried about yourself or a friend?



Lucky for you, there are places to get help here at



Visit a social worker,
counselor or psychologist

